



# Competitive Foods in Schools

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# WHAT ARE COMPETITIVE FOODS?



# THEN VS NOW



## SMART SNACKS IN SCHOOL

### Before the New Standards



### After the New Standards



# THEN VS NOW



## ENTER SMART SNACKS



**40%**  
of students  
bought and ate 1 or  
more snacks at school.



**68%**  
of students  
bought and consumed  
at least 1 sugary drink.

Smart snacks are healthy options with less sugar, fat and salt.  
**Nutrient requirements for smart snacks:**

NUTRIENT:	RECOMMENDED SNACK SERVING:
CALORIES	200 or less
SODIUM	230 mg or less
TRANS FAT	0 g

# WHY IS THIS IMPORTANT?



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**HEALTHY  
SCHOOLS  
RAISE  
HEALTHY  
KIDS**

**THE HEALTHY, HUNGER-FREE KIDS ACT**  
establishes strong nutrition policies for child nutrition programs. Many of these policies foster healthier school environments for kids, provide a variety of nutritious foods to millions of children nationwide and prepare them to be productive students. Registered dietitian nutritionists play an integral role in leading these and other programs that improve children's health.

# HOW TO BE COMPLIANT WITH REGS



# FIRST INGREDIENT



# NUTRITIONALS



# RESOURCES



- <https://www.fns.usda.gov/tn/guide-smart-snacks-schools>
- <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>
- <https://foodplanner.healthiergeneration.org/>
- <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/smart-snacks-in-school>
- <https://www.cdc.gov/healthyschools/npao/smartsnacks.htm>
- <http://nutrition.nv.gov/Programs/Wellness/>

# OPEN DISCUSSION



- **WHAT WORKS IN YOUR SCHOOL?**
- **WHAT ARE SOME BEST PRACTICES YOU WOULD LIKE TO SHARE?**
- **DO YOU HAVE ANY ISSUES YOU WOULD LIKE TO DISCUSS?**

# QUESTIONS?



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